



Full Report (All Nutrients) 09281, Plums, canned, purple, water pack, solids and liquids

Report Date: June 30, 2017 23:58 EDT

Nutrient values and weights are for edible portion

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Refuse:5% Refuse Description: Pits

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 249g	1 plum with liquid 46g
Vitamin C, total ascorbic acid	mg	2.7	1	--	6.7	1.2
Thiamin	mg	0.021	1	--	0.052	0.010
Riboflavin	mg	0.041	1	--	0.102	0.019
Niacin	mg	0.370	1	--	0.921	0.170
Pantothenic acid	mg	0.072	--	--	0.179	0.033
Vitamin B-6	mg	0.027	--	--	0.067	0.012
Folate, total	µg	3	--	--	7	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	3	--	--	7	1
Folate, DFE	µg	3	--	--	7	1
Choline, total	mg	1.3	--	--	3.2	0.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	46	1	--	115	21
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	502	--	--	1250	231
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	93	--	--	232	43
Vitamin A, IU	IU	914	1	--	2276	420
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	49	--	--	122	23
Vitamin E (alpha-tocopherol)	mg	0.18	--	--	0.45	0.08
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	4.3	--	--	10.7	2.0
Lipids						
Fatty acids, total saturated	g	0.001	--	--	0.002	0.000
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 249g	1 plum with liquid 46g
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.001	--	--	0.002	0.000
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.005	--	--	0.012	0.002
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.005	--	--	0.012	0.002
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.002	--	--	0.005	0.001
18:2 undifferentiated	g	0.002	--	--	0.005	0.001
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Threonine	g	0.008	--	--	0.020	0.004
Isoleucine	g	0.008	--	--	0.020	0.004
Leucine	g	0.010	--	--	0.025	0.005
Lysine	g	0.008	--	--	0.020	0.004
Methionine	g	0.003	--	--	0.007	0.001
Cystine	g	0.002	--	--	0.005	0.001
Phenylalanine	g	0.008	--	--	0.020	0.004
Tyrosine	g	0.003	--	--	0.007	0.001
Valine	g	0.009	--	--	0.022	0.004
Arginine	g	0.006	--	--	0.015	0.003
Histidine	g	0.006	--	--	0.015	0.003
Alanine	g	0.014	--	--	0.035	0.006
Aspartic acid	g	0.122	--	--	0.304	0.056
Glutamic acid	g	0.018	--	--	0.045	0.008

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 249g	1 plum with liquid 46g
Glycine	g	0.006	--	--	0.015	0.003
Proline	g	0.017	--	--	0.042	0.008
Serine	g	0.010	--	--	0.025	0.005
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0